

MENTAL HEALTH MATTERS

MENTAL HEALTH SERVICE
Simon Thompson
Acting Manager of Mental Health Services

- Rob Cunningham, Community Psychiatric Nurse in Hereford City Team 2 has been offered, and accepted, a six-month secondment to the vacant Operational Manager post based at Moor House. No start date agreed at this time. Replacement time is available to cover the secondment.
- Interviews have taken place for CPN maternity leave cover in Hereford City and appointments made subject to reference.
- Many thanks to Lyn Dunk, and best wishes for the future, following her departure from her admin position covering hours in Hereford and Ross.
- An appointment has been made to the Head OT post. Dorothy Tutton, presently working in mental health services in Cheshire, will take up post on June 1st 2003
- Brian Kiely, who is now working in mental health services in Worcestershire, has accepted the post of Head of Psychology speciality. Start date not yet confirmed.
- Locum psychologist cover has been agreed to provide cover in Hereford City and East Herefordshire CMHT. Initially providing 2.5 sessions per week in both CMHTs the post will move to 4 days a week in East Herefordshire team when Brian Kiely takes up post.
- A meeting to be held on March 25th has been arranged to start the Agenda for Change process.
- The National Service Framework for Adult Mental Health Local Implementation Team (LIT) meets on March 21st to begin the process of allocating development funds to meet the targets required by the Local Delivery

- Plan. Expect to see Crisis service developments high on the agenda.

Contact: Simon Thompson: 01432 262850
sthompson1@herefordshire.gov.uk

MENTAL HEALTH DEVELOPMENTS
Sue Bennison
Mental Health Development Manager

- New website: mentalhealthdata.org.uk brings together all health and social care statistical data in one place including:
 - SaFF-Service and Financial Frameworks
 - HLPIs – High Level Performance Indicators
 - Personal Social Services Performance Assessment Framework and Indicators
 - Mental health services based on National Service Framework Mapping Data
 - Mental health spend both within and outside the NHS
 - CIC Common Information Core
- Agreement has been reached on the provision of an Out of Hours Approved Social Work service. The in-house service will be staffed by volunteer ASWs from the day time service supported by volunteers from Worcestershire County Council. Details of rotas will be made available prior to April 1st 2003. Many thanks to the ASWs for taking on this additional work.
- Having access to correct benefit entitlement frequently presents difficulties for mental health service users. Difficulties associated with part time work, working in a voluntary capacity and, in particular the work that service users and carers are involved with helping us develop services are

sometimes problematic. Similarly having appropriate knowledge about mental health problems is likely to present challenges to staff at the Department of Works and Pensions. (DWP) In order to address these difficulties a small group will meet in March to scope the difficulties that need addressing and arrange to meet with the DWP with a view to developing a Benefits protocol.

- The Enhanced Supported Services Group was established to look at the needs of people who are currently resident at Oak House and the Shires. Some of the residents are very much in need of a transitional situation that lies between the relatively high dependency environment they currently occupy and a more independent living situation to which they all aspire and, with “enhanced support”, lies within their reach. The working group is in the process of organising an externally facilitated Away Day to listen to and share information with a wider group in order to promote the needs of residents of these establishments within the wider mental health system supported by a social inclusion perspective.
More information from: Pete Hulme on pete.hulme@herefordpct.nhs.uk
- Following a review, the Adult Mental Health Development Group has changed focus from a combined statutory service/service user/carer/ non statutory group to a service user/carer/ non statutory group that meets with statutory services staff on a quarterly basis. The reason for this change primarily relates to supporting everyone outside of the statutory service in developing their agenda, which may have a different perspective; will allow for a more powerful voice supported by individuals and organisations working together; that can identify gaps in services that need to be brought to the attention of the statutory services; that working together might suggest a modification of existing service and that in providing well documented information should be able to have access to discussion of and

allocation of resources in the annual budget round.

The format of the meetings will be based on a workshop model with the March meeting working on Crisis Services. The group will be supported by Euan McPherson and Sue Bennison. It is hoped that this supported work programme will make a difference in the dialogue for individual service users, carers and non statutory organisations with the statutory services.

- Set up funding has been provided to establish a service user led out of hours telephone support line. The service will be supported by local organizations Herefordshire MIND/SWULP (South Wye User led Project) HUG, Manic Depression Fellowship plus individual service users.

Contact: Sue Bennison 01432 262887
sbenniso@herefordshire.gov.uk

PALS AND INVOLVING PEOPLE TEAM
Euan McPherson
PALS Co-ordinator

- The Primary Care Trust will soon be running a patients questionnaire about Mental Health services. This is part of a national programme of satisfaction surveys, being lead by the Commission for Health Improvement (CHI). The survey will go out to 850 patients randomly selected from the CareProgramme Approach (CPA) register. If you receive one please take the time to fill it out, it is important that the Primary Care Trust (PCT) get to hear what people think of the services they receive - The results also impact on the PCT's star rating, which is the method used to see how our services compare with other areas.
- There is also a general PCT questionnaire (rather than specific Mental Health Services) which is being sent out at the moment - if by chance you receive both please fill in both as it will help us improve health services in

Herefordshire.

Contact: Euan McPherson 01432 262023
euan.mcpherson@herefordpct.nhs.uk

DEPARTMENT OF MENTAL HEALTH
FOR OLDER PEOPLE
Rita Harrison
DMHOP Team Manager

- Agreement has been reached at the Herefordshire Council Cabinet that work can begin on the development of **a centre for DMHOP services at Elmhurst**, the Council's residential home in Hereford. A working group will be established, including staff, service users and carers, to take this work forward.
- **A DMHOP Stakeholders Day** will take place on **Friday, April 25th** between 12.00 noon and 3.00pm in the Conference Room at the Stonebow Unit. Invitations will be distributed to stakeholders to assist the DMHOP service mapping process focussing on access to the service.

Contact: Rita Harrison 01432 263850
rharrison@herefordshire.gov.uk

PLANNING AND PARTNERSHIP
Mike Metcalf
Partnership Officer

- **Local Delivery Plan (LDP)**
The Primary Care Trust has just completed a detailed plan for all its services and developments over the next 3 years. This brings together several previous plans into one document, including the Health Improvement Programme and the Service and Financial Framework. Mental Health is a major part of this plan because of the National Service Framework. Our Strategic Health Authority (West Midlands South) will monitor us closely to make sure we deliver the plan, including our share of the national targets for crisis resolution teams, early intervention in psychosis and so on. The plan is now the basis for deciding how to allocate the new development monies (see below).

➤ **New Development Monies**

The Primary Care Trust has allocated an extra £550,000 for mental health developments over the next 3 years, to meet targets in the National Service Framework. There will be £150,000 in 2000/03, a further £150,000 in 2004/05, and a further £250,000 in 2005/06. There will also be additional monies from other sources to meet specific developments, such as Information technology. The Local Implementation Team has started work on allocating all these funds against the targets that we have to meet in our Local Delivery Plan.

Contact: Mike Metcalf on 01432 344344
mike.metcalf@herefordpct.nhs.uk

MENTAL HEALTH FORUM
Dean Storey

- The Mental Health Forum is changing venue - now meeting 2nd Tuesday in May, July, Sept and Nov at 2.00pm at the WRVS Centre in Bartonsham.

Contact: Contact Dean Storey on 01432 263064 or
c/o HCCA, Chapel Yard,
Burgess Street, Leominster
HR6 8DE: Tel 01568 613333

GUIDANCE DOCUMENTS
AND
CONSULTATIONS

- **The Role of Values in Mental Health - An online conference on 27th March 2003**
The National Institute for Mental Health in England (NIMHE) is currently developing a National Framework of Values for Mental Health. This new framework will inform every aspect of mental health care in England and Wales. Participants in this online conference will have an opportunity to examine the framework and related issues. These discussions will contribute to the final version of the Values Framework. You can register for this

free conference at www.connects.org.uk/conferences

You will need to have an email address if you wish to contribute to the discussions.

The conference foyer and exhibitions are open now. The papers for the conference will be available for viewing from 20th March, with the conference taking place on 27th March.

➤ **Violence – A Guide to Civil Remedies and Criminal Sanctions**

This guide sets out civil remedies and criminal sanctions that are currently available through the courts to victims of domestic violence. It is intended for statutory and voluntary service providers who deal with the impact of domestic violence. It is not intended to be a self-help guide for members of the public. Available through the Lord Chancellor's Department website www.lcd.gov.uk

➤ **Mental Health Policy Implementation Guide on Support, Time and Recovery Workers**

(STR). An STR worker is someone who works as part of a team which provides mental health services and focuses directly on the needs of service users working across boundaries of care, organisation and role. The workers provide Support, give Time to service users and thus promote their Recovery thus STR. (NB Community Mental Health Workers and Herefordshire Community Support Service) More info on www.doh.gov.uk

➤ **Mental Health And Social Exclusion**

The Social Exclusion Unit (a component of the Office of the Deputy Prime Minister) is considering what more can be done to reduce social exclusion among adults with mental health problems. It is looking to

improve rates of employment for adults with mental health problems, through support both in taking up and in retaining work. The project will also consider how to promote greater social participation and better access to services for this group. More info from:

www.socialexclusionunit.gov.uk

➤ **The Herefordshire Alcohol Strategy**, the purpose of which is to provide a strategic framework for tackling alcohol related problems in all age groups within Herefordshire, is now available. Copies are available from:

Jean Howard, Assistant Director of Planning and Partnership on 01432 344344

jean.howard@herefordpct.nhs.uk

➤ **If you are aware of documents/consultations that others may be interested in , please provide details to Sue Bennison for inclusion.**

MENTAL HEALTH PROMOTION
Roger Hanson
Mental Health Promotion Coordinator

➤ **'A Grand Day Out at Redditch'**

Six members of our local mental health promotion (mhp) network visited West Midlands Mental Health Development Centre on 12th March. Amanda Leighton and Robin Woodward from HUG, Carol Mitchell (MIND), Fergus Rainey (South Wye User Led Partnership (SWULP)), Penny Harding (South Wye Healthy Living Community) and Roger Hanson, Mental Health Promotion Coordinator joined together to contribute Herefordshire experience and practice to **'Mental Health Promotion and Social Inclusion – making the most of the Regeneration Agenda'**.

Local work was presented covering the SWULP project and the Herefordshire

Mental Health website to much interest from colleagues from across the West Midlands.

The event was organised by Kate O'Hara on behalf of the WMMHDC in support of NSF for Mental Health Standard One: Mental Health Promotion – West Midlands Regional Framework.

For information regarding this and other mental health promotion activity contact.

Roger Hanson (01432 262851
rhanson@herefordshire.gov.uk).

Rachel Naya (01432 262852
rnaya@herefordshire.gov.uk)

CARERS

- 'Stop Press' information!

Carers Action has a couple of places available for **their 2 night breaks at Holme Lacy Hotel during the week of 5th May**. These breaks are funded by the Carers Grant and they have proved an incredibly successful way of offering respite care, without the need for the carer and the person they are caring for to be separated. All accommodation costs, transport, additional care, breakfast and evening meals are paid - only cost is for snack lunches, drinks etc. If you want to know more, then ring **Carers Action on 01432 272724** or complete a Carers Action referral form - eligibility is purely based on the carer having had a carer's assessment completed.

- Research published by **Loughborough University and Rethink** challenges claims that children are damaged by growing up in families where a parent has a severe mental illness - and finds that the right support can help young carers worry less. Findings from the two-year study found:

Children feel that caring for their parents can improve family relationships and help them worry less about their parent

At any one time up to 17,000 young people will be looking after a parent who has a mental illness

However:

Parents themselves think their children are more at risk of developing a mental health problem

Both parents and children fear that professionals will force the family apart using child protection procedures.

Principal researcher Jo Aldridge says:

“We found that children who care in these contexts often have close and loving relationships with their parents for whom they provide care. What children need is recognition for what they do and support for families as opposed to support that is aimed only at adults as patients.”

CONGRATULATIONS!!!

- Dear All,

I thought you would be interested to know that **Ian Gardner**, (who is on secondment to Strategic Housing from the Mental Health Service as Senior Supporting People Project Officer) has just learned that he is to be awarded his Masters degree in Community Mental Health from the University of Birmingham.

As Ian will be too embarrassed to blow his own trumpet, I can also tell you that he has achieved the highest pass mark as yet awarded during the lifetime of a very exacting and challenging course, and that his dissertation has been recommended by Professor Anne Davies of the Social Policy Department for publication in a number of journals. Ian's dissertation considered the function of an individual's 'home' on the process of recovery from lived experience of serious mental illness. All of the research work was carried out in partnership with Mental Health service users in Herefordshire, and has been instrumental in the development of effective recovery oriented housing related support for this client group in the County.

I'm sure I can offer Ian congratulations for his achievement on behalf of you all.

Adam Russell.

Supporting People Project Manager

department of mental health for older people

TRAINING DAY

education and training task group

Hedley Lodge, Belmont Abbey, Hereford

APRIL 30TH 2003

The Herefordshire Primary Care Trust Mental Health Service want to produce an education and training plan for people working with older adults with mental health problems. To achieve this please:

- Tell us what training you are providing already
- Tell us what training would be helpful
- Hear about some of the training already on offer
- Help us plan for the future

To book your place contact:
Sue Bennison.
Moor House,
Widemarsh Common,
Hereford.
HR4 9NA

Who should attend?

- DMHOP Teams
- Age Care Staff
- Residential/Nursing Home providers
- Voluntary sector providers
- Service users
- Carers
- Education providers
- Student Nurses
- Social Care staff
- Adult Mental Health Service
- Domiciliary care services

sbenniso@herefordshire.gov.uk

MENTAL HEALTH IN OLDER PEOPLE
A TRAINING DAY TO PROVIDE INFORMATION, TO HEAR OF
YOUR TRAINING NEEDS AND TO LOOK AT WHAT TRAINING IS
ALREADY AVAILABLE

PROGRAMME

9.30-10.00 – Tea and Coffee

10.00 – 10.10 Introduction to the day

10.10 – 11.00 :- Keynote speech: Dementia Treatment – A User's Guide
Dr Peter Bentham, Consultant in the Birmingham Working Age Dementia Service

11.00 – 11.15 : Tea/Coffee

11.15 – 1,00:Short presentations

- Dr Vince Staples : DMHOP Consultant : The Herefordshire Perspective on Older Adult Mental Health
- MaryAnn Thomas ; Partnership Officer : Care Planning in Residential and Community Settings
- Gwen Gillies; Carers Support Officer and Cheryl Poole: Community Psychiatric Nurse: Two ends of the Carers spectrum (Operational and strategic)
- Dr Sylvia Dillon: Consultant Psychologist: Managing Challenging Behaviour
- Diane Jones : WRVS Community Help Manager/ Gem Duncan: Chief Officer Age Concern Leominster- The Voluntary Sector perspective

1,00- 2.00 Lunch – with the opportunity for any organisation/stakeholder attending to set up a “market place “ stall about their service

2,00- 3.00: Workshops related to the morning's presentations as well as Mental Health Promotion and Suzy Lamplugh Lone Worker Training

3.00 – 3.15: Tea/Coffee

3.00 – 3.45: Questions to the Panel (Speakers from the morning)

3.45 – 4.00: Bringing it all together and ideas about how we take the information gathered forward.

4.00 : End of Conference